

# AGING & independence

September 2007

## No Age Limit on Going Back to School

BY PAMELA B. SMITH

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A year ago, Charles Costa had taken to his sofa as a result of health problems. Only 70 at the time, he was a candidate for depression. But instead, this opera buff heard about a program, called Senior to Senior, through OASIS that pairs older adults with high school teens to learn more about the music he loves.

"I thought I would be working with the kids, but I didn't realize at the time that it would also involve writing my own libretto (the words of an opera)," he says. "I don't read music, can't write music, but the words..."

He wrote about having been a tuna fisherman. Instructor Nick Revelles with the San Diego Opera put his words to music. The group presented their pieces during a performance at San Diego High School, and

Charles got 30 tickets so he could have his family and friends there to share this experience with him.

Now he's a regular in OASIS creative writing classes. Not surprisingly, his health has improved.

The San Diego Mission Valley OASIS program is celebrating its 20th anniversary this year. This continuing education program for people age 50 and older has seen many success stories among its more than 16,000 members. Not only do people keep learning, but they keep meeting new friends. Remaining mentally and socially active is a key component to a happy and productive life as you get older.

The San Diego OASIS program and the companion program in North County have free memberships and charge nominal fees for each class. A course catalog is mailed three times a year. Many of the courses are single sessions and you can pay at the door, but advance registration is recommended. Some of the most popular are exercise classes, such as Tai Chi, Gentle Yoga, and Strength Training. The OASIS programs also offer inexpensive day trips. You can

also become a tutor or a mentor through a special intergenerational program.

The San Diego OASIS is located at the Macy's store in Mission Valley; for more information, call (619) 574-0674. The North County OASIS is located at the Macy's store in Escondido; call (760) 432-0635.

The OASIS programs are only one example of the many lifelong learning opportunities in San Diego County. This month is the typical time for these programs to begin their new schedule of classes.

San Diego State University, Cal State San Marcos and the University of California San Diego have the Osher Lifelong Learning Institute with academically rich noncredit courses for people 50 and older. For more information about the SDSU program, call (619) 594-2863 or see



CHARLES COSTA, CENTER, WITH SAN DIEGO HIGH STUDENTS.

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[www.neverstoplearning.net](http://www.neverstoplearning.net). For the Cal State San Marcos program, call **(760) 750-4020** or see the Web site: [www.csusm-es.org/olli](http://www.csusm-es.org/olli). For UCSD, call **(858) 534-3409** or see [www.olli.ucsd.edu](http://www.olli.ucsd.edu).



**OASIS AND OTHER PROGRAMS ALSO HAVE TUTORING OPPORTUNITIES.**

The community college districts also offer a wide range of classes for older adults at a variety of sites. To locate a community college near you, call the state Chancellor's office at **(916) 445-8752** or see the Web site: [www.cccco.edu](http://www.cccco.edu).

Other great sources for learning

opportunities are the local senior centers, community centers and libraries. Ask to be on the mailing list for information about upcoming programs and classes. As an example, look into the Life Options program at the Kroc Corps Community Center, which offers classes, travel, social gatherings and a special lecture series. For more information, call **(619) 269-1422** or email [kroc.volunteers@usw.salvationarmy.org](mailto:kroc.volunteers@usw.salvationarmy.org).

Now's the time to get back to school! ♣

## FLU SEASON AROUND THE CORNER

The influenza season typically occurs between November and May each year. The flu vaccine is recommended annually for people age 60 and older, as well as younger people with chronic medical conditions.

AIS will again provide the Flu Shot Hotline, **(877) FLU-0202**, beginning in early October. Seniors and others can call that number to locate a site to get their flu vaccine. Medicare (Part B) will pay for the flu shot as well as a vaccine to prevent pneumonia. ♣

## SHARE AIS WITH OTHERS

Do you know of other people who could benefit from the information provided in this *Aging & Independence* bulletin? Would they (or you) also like to be on our email list to receive notices of special items? If so, send mail and email information to Denise Nelesen, 9335 Hazard Way, San Diego, CA 92123; or [denise.nelesen@sdcounty.ca.gov](mailto:denise.nelesen@sdcounty.ca.gov), or call **(858) 505-6474**. ♣

## IHSS TOWN HALL MEETINGS

The In-Home Supportive Services (IHSS) program of AIS will be holding Town Hall meetings to encourage the public to learn more about the program, ask questions and make suggestions. IHSS provides in-home care for approximately 70,000 low-income older adults and disabled persons in San Diego County. Here are the meeting details:

**Monday, Oct. 1:** (Spanish) 3 to 5 p.m. and (English) 6 to 8 p.m. at the Chula Vista Library, 365 F St., Chula Vista.

**Tuesday, Oct. 9:** (English; Spanish translation available) from 1 to 3 p.m. at the El Cajon Library, 201 E. Douglas Ave., El Cajon, 92020.

**Wednesday, Oct. 17:** (English; Spanish translation available) 11 a.m. to noon at the East Valley Library Community Center, 2245 E. Valley Parkway, Escondido 92027.

**Friday, Oct. 19:** (English) from 10 a.m. to noon at the HHSA Social Services Building in the Coronado Room, 3851 Rosecrans St., San Diego.

If you are unable to attend and wish to get more information or make comments, call **(800) 691-4933**. ♣

## SENIOR HOUSING PROJECT IN CORONADO

Applications are being accepted for Coronado's first affordable housing project for seniors at Sixth Street and Orange Avenue. The \$3.5 million project is expected to be completed by the end of this year. There will be 29 one-bedroom, one-bath apartments. To be eligible, you must be age 55 or older and meet federal income requirements. For more information, call **(619) 668-1532**. ♣

## MEET THE PHARMACIST DAYS

Meet the Pharmacist Days encourage older adults to bring their medications and sit down with a pharmacist to explore any problems they might be having. Pharmacists can advise on bad drug-drug or drug-food interactions. They can also talk about the best ways to take certain medications. Besides medication review, the events include speakers, exhibitors, give-aways and food. Free Vials of Life will be available.

Here are two upcoming events:

**Tuesday, Sept. 18, from 10 a.m. to 1 p.m.** at the San Diego County Library-Bonita/Sunnyside Branch, 4375 Bonita Rd., Bonita 91902. Registration required; call toll-free **(877) 926-8300**.

**Thursday, Sept. 20, from 9 a.m. to noon** at the Cameron Family YMCA, 10123 Riverwalk Way, Santee 92071. Reservations required; call **(858) 495-5500**. ♣

# HONORING



## RETIRED AND SENIOR VOLUNTEER PROGRAM

### VOLUNTEER OF THE MONTH

Ted and Helen Sikora, nominated by Janice Batten with the Salvation Army El Cajon Senior Center, are our RSVP Volunteers of the Month. Ted and Helen have been volunteers for more than 14 years and have each served more than 6,000 volunteer hours as Dining Room Aides several days a week at



TED AND HELEN SIKORA

the senior center, bringing the lunch trays to the table for persons with disabilities and cleaning up after the meals are done. Ted has also served as the Project Council President in the past. Congratulations, Ted and Helen. Your dedication is an asset to the senior center and to the community.

### WALKABLE NEIGHBORHOODS

If you'd like to find out how close you are to shops, restaurants, and services in your neighborhood, see [www.walkscore.com](http://www.walkscore.com) and enter your home address. Include the city and ZIP code.

### RSVP VOLUNTEER OPPORTUNITIES

Public, nonprofit and health agencies seek volunteers in their communities. Potential volunteers can call RSVP at (858) 505-6399 for information on the following opportunities:

**Carlsbad Police Department** needs more patrol volunteers.

**Health Insurance Counseling and Advocacy Program (HICAP)** is looking for volunteer counselors to provide counseling and advocacy services regarding health insurance and Medicare.

**Scripps Memorial Hospital** is seeking volunteers to be hospital aides.

**Long-Term Care Ombudsman program** seeks volunteers to advocate for residents of long-term care facilities.

**Norman Park Center** needs volunteers for various positions including center aide, senior companion, health care advocate, and housing referral specialist.

**Seniors Against Investment Fraud (SAIF)** needs trainers throughout the county to make presentations to community groups.

**USS Midway Museum** needs docents to give tours and greet visitors from all over the world.

**Stand Up For Kids** is looking for volunteers to provide office support with some computer skills.

### HANDS ON SAN DIEGO, SEPT. 22 TO 30

"Hands On San Diego" will be held Sept. 22 to 30, with more than 100 projects available in our local communities. Join with family and friends in gardening, teaching, building, serving. See [www.volunteersandiego.org](http://www.volunteersandiego.org) or call Volunteer San Diego at (858) 636-4131. Volunteer San Diego serves all ages and RSVP volunteers must be age 55 and older.

### SPECIAL HONOR FOR GLEANER

Ann Evans was honored as the AIS/RSVP volunteer of the month at a County Board of Supervisors meeting in July. She was one of the early volunteers in the local Senior Gleaners group and has contributed more than 16,000 hours over 14 years. She coordinates the work of other volunteers, while also participating in picking up food at local grocers, orchards, and backyard fruit trees. The food is delivered to two local warehouses, checked and sorted, then distributed by staff from 32 community-based organizations. The food goes to individuals and families. Last year, the Gleaners collected 198 tons of food. In the past two years, Ann's efforts in promoting Senior Gleaners resulted in the donation of two new vans for the project. She typically volunteers six days a week and is tireless in her work for the Gleaners and her community. Thank you, Ann Evans.



ANN EVANS



## SENIORS, TEENS SEE HISTORY ON BUS TRIP

A 16-day bus trip became a moving classroom for 25 young people and 26 adults recently as they toured through the South to Washington, D.C. This adventure was a special project of the Broadway Heights Community Council, which raised money for several months to cover all the expenses. AIS provided some financial support, as did Supervisor Ron Roberts, the District Attorney's office, the Jacobs Foundation and several other organizations.

This multigenerational field trip was a dream of community activist Robbie Robinson, who wanted children in his neighborhood to see civil rights history upclose, joined by older adults who could talk about their experiences.

They visited the Lorraine Hotel in Memphis, Tenn., where Martin Luther King Jr. was assassinated, as well as the King Center in Atlanta. They went to a Civil War battlefield, plus toured Washington, D.C., including the White House and the Capitol.

The trip is chronicled on the Lemon Grove School District Web site and includes great comments from the participants, plus photos. Just Google "Lemon Grove School District," then click "Community" and choose "Tour Across America" from the drop-down menu. ♣

## UNIVERSITY CITY SENIOR CENTER MOVING

The University City Senior Center of Jewish Family Service of San Diego will be moving on Oct. 1 to Congregation Beth Israel, 9001 Towne Centre Dr., San Diego, 92122. The new facility will provide the senior center with space for larger events, a commercial kitchen, and more resources and equipment.

There will be an open house from 10 a.m. to 2 p.m. Nov. 7 at the new location. For more information, call (858) 550-5998 or see [www.jfssd.org](http://www.jfssd.org). ♣

## LONG TERM CARE PROJECT UPDATE

The next Long Term Care Integration Project meeting will be from 10 a.m. to 2:30 p.m. on Wednesday, Sept. 12, and will include an expert panel on consumer empowerment and self-advocacy, jointly sponsored by our partner agency, Access to Independence. Speakers will include Disability Policy Consultant June Isaacson Kailes and Christine Mills-Hovious from the California Foundation for Independent Living Centers. Her role there is as the Statewide Community Organizer for Systems Change, which is exactly what San Diego wants to do.

The meeting will be held at Point Loma Nazarene Uni-

versity, Mission Valley, 4007 Camino Del Rio South, San Diego, 92108. All interested individuals are invited to attend, particularly community care managers, social workers, discharge planners, home health aides as well as physicians and their office staff..

RSVP by Sept. 10 as a light lunch will be served. To RSVP or order brochures for the Project's Aging and Disability Resource Connection, call Cindy Vogel at (858) 514-4652 or email her at [Cindy.Vogel@sdcounty.ca.gov](mailto:Cindy.Vogel@sdcounty.ca.gov). ♣

## JOIN A COMMUNITY ACTION NETWORK

The San Diego Community Action Network (SanDi-CAN) meets from 10:30 a.m. to noon the last Tuesday of each month at the War Memorial Building, 3325 Zoo Dr., San Diego. Contact Brian Rollins at (858) 505-6305; [www.localcommunities.org/lc/sandican](http://www.localcommunities.org/lc/sandican).

The East County Action Network meets from 1 to 3 p.m. the third Wednesday of each month at Wells Park, 1153 E. Madison, El Cajon. Call Kathy Holmes-Hardy at (619) 401-3994.

The South County Action Network meets from 1 to 3 p.m. on the fourth Tuesday of each month at the San Diego County Library, Bonita-Sunnyside Branch, 4375 Bonita Rd., Bonita. Contact Anabel Kuykendall, (619) 476-6142, or see [www.localcommunities.org/lc/socan](http://www.localcommunities.org/lc/socan).

The North County Action Network meets from 1 to 3 p.m. the fourth Tuesday of each month at 1370 San Marcos Blvd., Room 100, in San Marcos. Contact My Linh Tran at (760) 754-5945; [www.localcommunities.org/lc/atf](http://www.localcommunities.org/lc/atf). ♣

## ATTEND THE NEXT PA/PG AUCTION

The County's Public Administrator/Public Guardian's office coordinates a personal property auction every other month, with the proceeds benefiting clients or their beneficiaries.

The next auction will be held Saturday, Sept. 15, at the PA/PG warehouse, 5201-A Ruffin Road in Kearny Mesa.

Registration begins at 8 a.m. Vehicles will be auctioned at 8:30 a.m., with all other items will follow. Customers are required to pay for and pick up the auction property by 2 p.m. that day.

Proceeds from the auction are returned to individual estates in which the assets originated. Money earned by decedent estates is distributed to the heirs or beneficiaries. Funds earned by conservatorship estates are used to pay for housing, medical care and other personal needs for persons found by the court to be unable to provide for their own care.

To see some of the items for auction, or for additional information, see [www.papg.org](http://www.papg.org). ♣

## SEND IN YOUR ITEMS

This monthly calendar welcomes your contributions. Just send items by the 10th of each month preceding the issue date to: Denise G. Nelesen, editor, Aging & Independence Services, 9335 Hazard Way, San Diego, CA 92123-1222. Or fax to: (858) 495-5080. Or you can email to [denise.nelesen@sdcounty.ca.gov](mailto:denise.nelesen@sdcounty.ca.gov).

### SEPT. 6, THURSDAY

#### 11 A.M. TO 1 P.M.

The Food for Thought program at the Vista Library, 700 Eucalyptus Ave. in Vista, will have Gentle Yoga on Sept. 6 and the Feeling Fit program Sept. 20. A donation is suggested for the lunch that follows. Lunch reservations required; call (760) 726-1340, ext. 1531.

### SEPT. 6 TO NOV. 8

#### 6 TO 9 P.M.

A free 10-week Citizens Academy to learn more about the justice system, including elder abuse and consumer protection, will be held at the University of San Diego. Coordinated by the District Attorney's office, the academy will be held on Thursdays. Includes field trips to a shooting range and to a jail. For more information, call (619) 531-3907.

### SEPT. 8, SATURDAY

#### 8 TO 11 A.M.

The Walk of Ages, a one- and three-mile walk to benefit ElderHelp of San Diego, will be held at Liberty Station in Point Loma. Cost is \$35 for adults; \$25 for children. For more information, see [www.elderhelpofsandiego.org](http://www.elderhelpofsandiego.org), or call (619) 284-9281.

### SEPT. 8, SATURDAY

#### 1 TO 3 P.M.

Affordable housing will be the topic for the next meeting of the Older Women's League (OWL) at the Unitarian Universalist Church, 4190 Front St., San Diego. For more information, call (619) 645-8575.

### SEPT. 11, TUESDAY

#### 8:30 A.M. TO 2:15 P.M.

"Aging: Planning and Coping Skills" will be held at Santa Sophia Catholic Church, Prendergast Hall, 9800 San Juan St., Spring Valley. Sponsors include the East County Action Network, Sharp HealthCare and Southern Caregiver Resource Center. Registration required; call (800) 827-4277. To register online, see [www.sharp.com](http://www.sharp.com).

### SEPT. 13, THURSDAY

#### 9 A.M. TO 2:45 P.M.

"Positively Parkinson's," a symposium for patients, families and healthcare providers for Parkinson's disease patients, will be held at the Scottish Rite Conference Center, 1895 Camino Del Rio South, San Diego. Day of registration cost is \$35 per couple; \$22 per person. To register, see [www.pdasd.org](http://www.pdasd.org), or call (858) 273-6763.

### SEPT. 21, FRIDAY

#### 9 A.M. TO 4 P.M.

"The Deadly Triangle: Substance Abuse, Depression and Suicide Among Older Adults" will be held at the War Memorial Building, 3325 Zoo Dr. in Balboa Park. Speaker will be Patrick Arbore, director of the Center for Elderly Suicide Prevention and Grief Related Services. CEUs available. Registration required; (800) 827-1008.

### SEPT. 22, SATURDAY

#### 8 A.M. TO 3:45 P.M.

"Live Long and Prosper: Successful Living After 50," an AARP-sponsored conference for people nearing retirement or already retired, will be held at the Sheraton San Diego Hotel, 1433 Camino Del Rio South, Mission Valley. Cost is \$25. Registration deadline is Sept. 17; call (858) 549-9118.

### SEPT. 28, FRIDAY

#### 10 TO 11 A.M.

Free seminar for caregivers will be held at the Fallbrook Healthcare Foundation Pittenger House, 135 S. Mission, Fallbrook. Registration required; call (760) 723-7570.

### OCT. 6, SATURDAY

#### 10 A.M. TO 2 P.M.

"It's How We Live," a free community festival for the whole family, will be held at the Spring Valley Park and Community Center, 8735 Jamacha Blvd., Spring Valley. Sponsored by County Parks and Recreation and the Health and Human Services Agency, the event will feature health materials and screenings. For more information, call (619) 479-1832.

## ADVISORY COUNCIL

The Aging & Independence Services Advisory Council will meet at noon Monday, Sept. 10, at Aging & Independence Services, 9335 Hazard Way, Kearny Mesa. The meetings are open to the public.

## CA SENIOR LEGISLATURE

The San Diego CSL meets at 10 a.m. on the second Monday of the month at AIS.